

Rochester Recreation Center  
21 Elton Hills Drive NW  
(507) 328-2500

## Red Cross Lifeguarding Class March 2016



### PREREQUISITE - Student will be tested for following skills:

Minimum age: 15 (must provide proof of age on first day of class).

- Swim 300 yards continuously using these strokes in the following order:  
+100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.  
+100 yards breaststroke.  
+The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.
- Tread water for two (2) minutes without the use of your hands.

### CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

**PLEASE NOTE:** *Students should wear appropriate swimwear for performing rescues in the water; no bikini type swim suits.*

**CLASS FEE - \$225.00.** This fee includes the **American Red Cross Lifeguard Training manual and a pocket mask breathing barrier.** Register at the Rochester Recreation Center Office or by calling 507-328-2500. Visa, Discover and MasterCard are accepted. Class size is limited.

### **CLASS DATES/TIMES:**

Friday, March 11<sup>th</sup> – 6:00 p.m.-10:00 p.m.; Saturday, March 12<sup>th</sup> – 8:00 a.m.-6:00 p.m. and Sunday, March 13<sup>th</sup> – 8:00 a.m.-6:00 p.m.

Meet on the pool deck on Friday, March 11<sup>th</sup> at 6:00 p.m.

Lifeguard Training class will qualify individual to work in a pool setting - not ocean or surf beach.  
Course of instruction established by **AMERICAN RED CROSS.**